

Serves

1

CHIA BANANA PROTEIN PORRIDGE

Ingredients:

2 tablespoons white or black chia seeds
150ml unsweetened almond milk
1 teaspoon vanilla extract
Sprinkle ground cinnamon
1 ripe banana
25g vanilla protein powder

1. In a bowl, stir together chia seeds, milk, vanilla and cinnamon. Allow to sit for 15 minutes or even better refrigerate overnight.
2. The chia seeds will expand and absorb the liquid creating a chia tapioca.
3. Mash a ripe banana in a bowl (or ideally use a blender). If you are not keen on tapioca texture add the chia seeds to the blender to make the porridge a smoother consistency.
4. Place the chia mix and banana in a non-stick saucepan and gently warm through.
5. Remove from the heat and stir in protein powder.

